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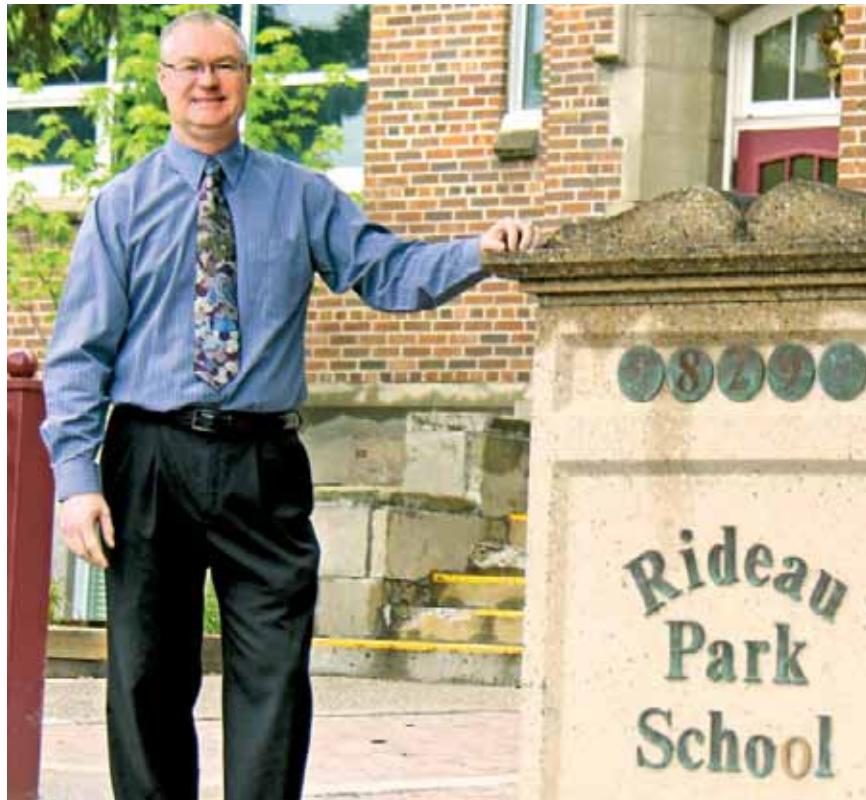
Metro reporter's belongings seized after cops found drugs hidden in moving truck **PAGE 10**

World Cup roundup: Day 5

Germany has a field day vs. Portugal, while the U.S. gets revenge against Ghana **PAGE 32**

LET NOT A PIPELINE DIVIDE US

DURING TORONTO VISIT, HILLARY CLINTON SAYS KEYSTONE XL MUST NOT COME TO DEFINE THE CANADA-U.S. RELATIONSHIP **PAGE 11**



THEN AND NOW

Principal Doug Swift is seen out front of the restored Rideau Park School on Tuesday. The school was hit hard in last June's flood, but school board officials are now pushing to establish their first berm in hopes of staving off potential surges in the future. Head to page 6 for this story and more as Metro spends five days looking at Alberta's flood — then and now. JEREMY NOLAIS/METRO

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and serves as a support worker with Calgary Outlink, deemed his decision to partake in the march "disappointing."

"If he's going to be premier, he's also going to be my premier," Agudelo said, before extending an invitation to the candidate to attend the next pride parade in August.

In what many viewed as a stark contrast, fellow Tory leadership candidate Thomas Lukaszuk took part in presenting Alberta's first gender-altered child birth certificate to 12-year-old Wren Kauffman Sunday.

Reached by phone mid-day Monday, Lukaszuk deemed silence from McIver amid the outcry over his participation in the march "deafening."

"What sets apart leaders from followers is those critical moments in time when you stand up and say, 'I will not stand for that, and I have a different set of beliefs and that's what I'm bringing forward,'" Lukaszuk said.

McIver did issue a statement on Facebook but declined media interviews. "Albertans have the right to live their lives as they choose (within the bounds of the law of course) ... I deplore discrimination against all groups and individuals without exception."

The March for Jesus is put on by Calgary's Street Church and its notorious organizer Arthur Pawlowski, who wrote in a blog last year that Alberta's historic flood was caused partially because of God's "weeping for the perversions of homosexuality."

Lukaszuk said he too had been approached by Street Church organizers in the past, but realized he didn't want to be associated with them after doing "30 seconds of research."

McIver has long maintained that Pawlowski is misunderstood, even vouching for the outspoken preacher in a documentary.

JEREMY NOLAIS/METRO

Calgary's 13 swimming pools agree, Tuesday is the new Saturday.



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Calgary Drop-In plans draw huge criticism

Swift reaction. Mayor, councillor, MLA and homeless advocate all condemn the centre's actions



ROBSON FLETCHER

robson.fletcher@metronews.ca

Within hours of the Calgary Drop-In and Rehab Centre announcing specific plans Monday to turn a bankrupt hotel into 120 units of affordable housing, the move was roundly condemned locally and the provincial government indicated it would cancel funding for the controversial project.

The operators of the city's largest homeless shelter purchased the property at 4804 Edmonton Trail NE in June 2012 via bankruptcy auction and have been at odds with area residents ever since over turning the building into "transitional housing."

On Monday, chairman Andy Lockhart said the Drop-In had applied for a development permit to do just that.

"Calgary, for some time, has had a severe housing crisis," he told reporters at a news conference inside the building. "Right now, you are standing in a vacant, 120-room hotel. This is unacceptable to me, to the board, and to Calgarians — particularly those that need housing."

Mayor Naheed Nenshi, however, said he was "dis-



Calgary Drop-In and Rehab Centre executive director Debbie Newman stands in one of the 120 units in the former hotel her organization wants to turn into service-supported, affordable housing. ROBSON FLETCHER/METRO

appointed" by the Drop-In's decision to apply for the permit, which puts the decision to the city's development authority and "outside of any politician's hands."

Nenshi said the Drop-In has not adequately consulted with the city or the community, and has actually further raised area residents' hackles with some of its actions.

"If you read their engagement report, as a matter of fact, they admit that they went so far as to have unidentified spies with video cameras at community meetings," Nenshi said. "This is not how you gain community support."

But Drop-In executive director Debbie Newman said "we are more than willing to work with the community"

and offered reporters a list of more than 16 meetings and consultations over the past two years.

In an online statement, the Thorncliffe/Greenview Community Association said it "supports affordable housing" in the area but "cannot at this time" support the Drop-In's proposal.

Tim Richter, president of

Quoted

"We all need to work together to solve the housing crisis and we believe that this is a necessary and timely part of the solution."



Calgary Drop-In Centre chairman Andy Lockhart

the Calgary-based Canadian Alliance to End Homelessness, said the Drop-In does great work in the city but called this particular project a "lemon" that needs to "go back to the drawing board."

"Transitional housing has been shown, over and over again, to not be an effective intervention for that (chronically homeless) population," he said.

Late Monday, Calgary-Klein MLA Kyle Fawcett told Metro via Twitter that the provincial government would cancel \$5 million in capital funding for the project, as it "does not meet the grant requirements."

In a phone interview, Coun. Sean Chu said he was "very surprised" to see the Drop-In apply for the development permit before reaching more agreement with area residents.

"They didn't deal with it in good faith with the community," Chu said.

WITH FILES FROM NEWSTALK 770

1
SWEAT



Tyler Kinghorn has grown up in High River, and says a forthcoming government buyout — not another flood — will get his family to move from an often-flooded area of town. BRYAN WEISMILLER/METRO

Flood watch issued in High River

High River resident Tyler Kinghorn is among the last left standing in a notoriously flood-prone community, and yet he's brushing off provincial warnings of rising water.

Alberta Environment issued a flood watch Monday for the Wallaceville area where Kinghorn lives, and the town further urged residents there "to take appropriate precaution."

While his fellow townspeople are keeping a wary eye glued to the Highwood River, Kinghorn expects only "light spillage" in his low-

lying neighborhood.

"It's a lot of fear-mongering," he said. "If the bank spills over it's not going to be anything like what it was last year because that was a massive wave."

In late December, town officials declared Wallaceville would be returned back to its natural state. Kinghorn — the son of a recent mayoral contestant — suggested government officials want the stragglers "out sooner."

High-streamflow advisories were also issued for the Elbow River upstream and

downstream of Calgary as well as Fish Creek and tributaries of the Bow River.

Provincial spokesperson Jamie Hanlon told Metro no major flooding is expected in southern Alberta, although he said the flood watch was a "different situation."

"It means that the levels are rising and may exceed ... and may spill over into adjacent areas," Hanlon said.

Elsewhere in High River, contractor Dave Brunning was remediating a flood-ravaged property in his own community of Hampton Hills.

Storm's a-brewin'

60 to 100 mm of rain were predicted in the Kananaskis-Canmore area for a 48-hour period starting Monday afternoon.

Brunning has developed a habit of watching the river.

"Since the 2005 flood I've been watching it — everybody does," he said.

BRYAN WEISMILLER/METRO,
WITH FILES FROM JEREMY NOLAIS

Vandals tag Poppy Plaza

Monument. Historian calls desecration of war memorial 'just wrong'

 **BRYAN WEISMILLER**
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Vandals have tagged a military-themed monument in

Calgary with indiscernible scrawls and drawings.

It's unclear when one of the rusted-out steel panels at Poppy Plaza was marked with spray paint, but the damage was visible on Monday.

Decorated military historian and honorary peacekeeper Norman Leach called the inner-city park the "anchor" of a street dedicated to those

who lost their lives in combat.

Leach denounced the vandalism.

"It's hugely disrespectful. It's just wrong," he said. "If people think they're making a statement of some kind, it's lost on most people."

Poppy Plaza, sitting on the corner of Memorial Drive and the Louise Bridge, is part of the city's \$31.5-million Land-

scape of Memory project.

It's not the first time the riverside promenade has been desecrated.

One wall was tagged days before Remembrance Day in 2011, and another section was hit months before the plaza officially opened in June 2013.

A City of Calgary representative couldn't immediately be reached for comment.



Graffiti at Poppy Plaza on Monday. The park, located along Memorial Drive at the Louise Bridge, opened in June 2013. **BRYAN WEISMILLER/METRO**



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Cops seek to identify suspect in nighttime armed sexual assault

Calgary police are asking for the public's help in identifying a suspect in a sexual-assault case that happened in a southeast Calgary community.

On Sunday night, a woman in her 20s left her boyfriend's house and exited a CTrain at Heritage Station and boarded a bus. A man got on the bus at the same time. It's believed they were the only passengers.

Both passengers exited the bus at Elbow Drive and Canata Place S.W. and proceeded to walk westbound.

As the woman walked on a pathway through a green space between Canata Close and Canterbury Drive S.W., the suspect allegedly approached her quickly, threatened her with a weapon and sexually assaulted her.

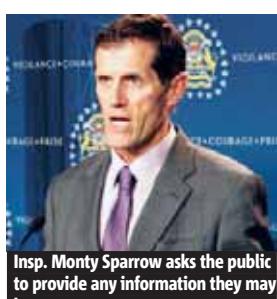
"It causes us great concern," said Insp. Monty Sparrow.

row. "It happens very rarely in the city of Calgary that we have this type of sexual assault."

The victim and the suspect are not known to each other, police said.

The suspect is described as black with a medium skin tone, in his 20s, approximately six feet tall and with a slim build. He's believed to speak with a French accent.

KEN VAN DE WALLE/FOR METRO



Insp. Monty Sparrow asks the public to provide any information they may have. **KEN VAN DE WALLE/FOR METRO**

Discipline. Minister sighs at ATA response to report

The official response of the teachers' union to a provincial task force's report is "unfortunate," said Alberta's education minister.

On Sunday, the Alberta Teachers' Association accused Education Minister Jeff Johnson and the task force he convened of manufacturing a crisis by claiming that the disciplinary process for instructors was too soft.

At issue recently: cases in which an ATA committee

recommended suspensions, while Johnson felt it necessary to terminate the guilty party's teaching certificate.

Johnson said Monday he looked forward to meeting with ATA representatives.

"This is Albertans' report; it's not my report," Johnson said. "It's an independent report written by some really accomplished, world-class individuals, and some of those are even active ATA members." **JEREMY NOLAIS/METRO**

Flood-protection features planned for area schools



Damage to the basement of Rideau Park School is seen shortly after last June's flood. The plan now is to establish a berm on site to prevent water from coming in should another flood occur. METRO FILE

St. Mary's High School

Catholic school also impacted

St. Mary's High School, operated by the Calgary Catholic School District, is also in

line for mitigation work, but the building's principal conceded it will be tough to fully protect given its proximity to the Elbow River.

"We're right on the river," Frank Durante explained to Metro in March. "For example, people have

been saying, 'Let's put up a 20-foot concrete wall right on the riverbank so we don't get flooded,' but I think it's a little more difficult than that. If we did that, everyone down the river from us would still get flooded."

Mitigation. Province has allocated funds to each flood site

JEREMY NOLAIS
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Prior to last June, it's believed floodwater had never reached a Calgary public school.

Now, one year later, officials with the Calgary Board of Education are developing mitigation measures in hopes that it never happens again.

Front and centre in that discussion, according to superintendent for infrastructure Frank Coppinger, is a berm (a level space, shelf or raised barrier separating two areas) to be established on the perimeter of Rideau Park School. The building was shut for months after water smashed through the ground-level windows and ruined classrooms, shops and lockers. Rideau's main-floor gym was also turned into what Principal Doug Swift described as a "big ripple chip."

Rideau still managed to reopen in time for September classes, but Coppinger said the hope now is to use some of the \$2.5 million in mitigation funds provided by the province per flood-affected school to build a berm by Summer 2015.

"We're still thinking through the design process ... we have to establish the 500-year flood-level mark and have a (berm) level that would meet that level," he said, estimating the barrier would be between one and two metres high.

Mother Cheryl Mullen

Then and now

Metro's retrospective on the flood, and how it continues to affect the community:

- **Wednesday:** Reflecting on the lives lost amid a crisis never before seen in the province
- **Thursday:** Business owners hit in flood struggle to keep their heads above water

welcomed word of the berm, but said it likely wouldn't be enough if a 2013-level flood were to occur again.

"Any groundwater is still going to come through," she said.

Mullen added she believes an opportunity may have been missed during Rideau's restoration.

"(The insurance funds) led to the school being put back exactly the way it was," she said. "I know on the wish list there were changes that were wanted, but they didn't happen."

Elsewhere, the CBE is working with its chosen architect on a raised foundation for Elbow Park, which saw an "underground river" form beneath it last June. The build's foundation was compromised, requiring the school to be torn down and completely rebuilt.

Online documents indicate the school's demolition could occur this summer, but plans are being sorted to save certain historical aspects of the building, namely its much-loved library.

Numbers

A look at the 2013 Alberta flood by the numbers:

- **345:** In millimetres, the amount of rain that fell at the Burns Creek weather station west of High River in the two and a half days before the flood. (Source: Environment Canada)
- **180:** In cubic metres per second, the flow rate on the Elbow River downstream of the Glenmore Reservoir before the city of Calgary has to start sandbagging. (Source: Alberta Government)
- **\$6 billion:** The Alberta government's estimated cost for the flood. (Source: Finance Minister Doug Horner)
- **30:** The number of communities the government says were affected by flooding. (Source: Alberta Government)
- **100,000:** The estimated number of people affected by flooding. (Source: Alberta Government)
- **985:** Kilometres of road closed due to flood damage. (Source: Alberta Government)
- **\$70 million:** The amount of money the government loaded onto 56,000 prepaid debit cards for flood evacuees. (Source: Alberta Government)
- **10,500:** The number of people who have applied to repair damage covered by the Disaster Recovery Program. (Source: Alberta Government)
- **\$71.5 million:** The amount of money paid out under the program as of June 6. (Source: Alberta Government)

Albertans reflect on the flood of floods

It has been one year since rain pounded the foothills of the southern Alberta Rockies — heavy, relentless rain, more typical of a tropical storm than a late-spring shower. In Canmore, more than 200 millimetres fell in two and a half days, 10 times the amount of a typical rainfall at that time of year.

In the aftermath, there was hopelessness and despair. In the weeks that followed, there

was resilience and determination. There's still anger and there's still fear, but much has been rebuilt.

Barb Tegtmeyer remembers working in her family's Bragg Creek Trading Post as a young girl.

The historic building began as a fur-trading venue in 1925 and her father bought it in 1940. It served as both the family business and the family home. Tegtmeyer took over

Quoted

"The worst emotion I had is much of the history is gone. This building has been operating as a store since the mid-1920s, and no matter what we do here, we will never make it the same because many, many things in there were from the '20s."

Barb Tegtmeyer, owner of Bragg Creek Trading Post

the trading post in 1986 after her mother died.

But when the Elbow River across the road burst over its

banks last June, everything changed forever.

"The worst damage was to the store itself. It took out probably 95 per cent of the inventory, which was native arts and crafts which seem to have just disappeared somewhere down river," Tegtmeyer said.

She expects what was lost will probably never be recovered.

"I almost felt like I was the keeper of the history and I let

them down. That's the worst."

A year later, renovations continue to try to return the log building to its former glory.

But its future remains in doubt.

"It's been a tough year. It was a devastating blow at the time and it really doesn't get much easier as time goes on, as you discover more and more that's damaged or broken or missing." THE CANADIAN PRESS

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Calgary Board of Education

Province may still fund extra space for high school, minister says

Additional funds may still flow to add needed space to a planned northeast Calgary high school, the education minister says.

Jeff Johnson responded Monday to a report from Calgary Board of Education

administrators claiming the organization may need to kick in \$4.2 million from their capital reserves to cover costs for an additional 300 spaces at the approved Falcondridge-area facility, due to open in September 2016.

The province gave the green light to a 1,500-student site in May 2013, but CBE administrators have stated their enrolment projections indicate 1,950 learners would be designated for the school come 2017 and that the num-

ber would rise to over 2,300 by the year 2022.

Johnson didn't commit to funding the additional spaces but said his capital planning department was looking into the matter and there was a "possibility" the CBE would keep its reserve cash.

On Sunday, Liberal education critic Kent Hehr said it would be "completely insane" for the school to be erected for 1,500 students if more space was required.

JEREMY NOLAIS/METRO

CUPE Local 38

City, union reach tentative deal for inside workers

Labour peace is hanging in the balance, with members of the city's largest municipal union being asked to vote on a settlement with the City of Calgary.

Metro confirmed the city and Canadian Union of Public Employees Local 38

reached a deal at 12:15 p.m. on Monday, although details were limited.

The deal must be ratified by a member vote on June 23. If approved, it would avert strike action and result in a settlement and a new contract.

CUPE Local 38 represents some 4,300 inside city workers.

Last week, 82 per cent of its membership voted to strike. However, union negotiators were invited back to

the bargaining table.

The inside workers' union was calling for a 3.5 per cent pay bump annually for three years for a total of 10.5 per cent, according to media reports.

Union president Peter Marsden could not be reached for comment.

It's unclear what's happening with the unionized outdoor workers and transit drivers, who are also seeking a new deal.

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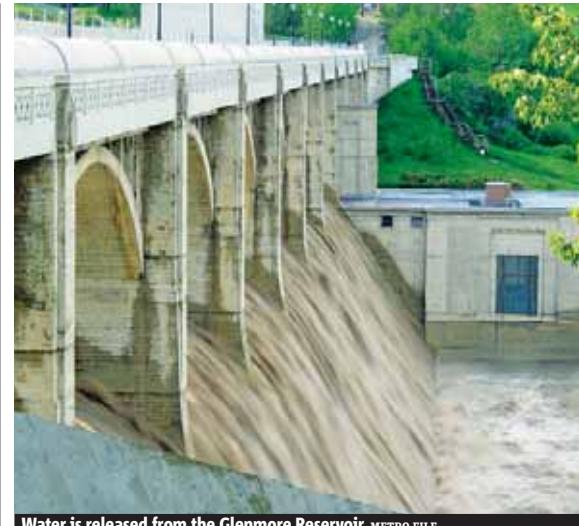
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Water is released from the Glenmore Reservoir. METRO FILE

Rain forces ban on recreational use of reservoir to lower water levels

Elbow River. Pathway underpasses to remain closed until reservoir outflows return to more normal level

 ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary suspended recreational use of the Glenmore Reservoir on Monday and closed pathway underpasses along the Elbow River below the dam as the city prepared to release more water in response to heavy rains in the forecast.

River flood mitigation program manager Rick Valdarchi said the "precautionary measure" is "typical for what we do at this time of year when we see precipitation developing."

Most of the rain looked like it would fall south of

Calgary, Valdarchi added, but the city still wanted to make more room in the reservoir to hold back additional water.

"The difficulty with forecasts this close to the mountains is how quickly they can change," he said, adding that the city's river monitor group is re-assessing forecasts every four to six hours.

Calgary parks, pathways and trails lead Duane Sutherland said pathway underpasses downstream from the dam are closed when the water releases from the Glenmore exceed "anything over and above a regular amount."

"So right now, we've got pretty much every underpass on the Elbow River that's closable closed," Sutherland said Monday afternoon. No pathway underpasses along the Bow River were closed, he said, because the flow on that waterway is "about regular for what you'd expect at this time of year."

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Keystone isn't everything: Clinton

Diplomacy. Former first lady says pipeline shouldn't symbolize U.S.-Canada relations

Washington's long-awaited decision to approve or reject the Keystone XL pipeline should not become a symbol of the relationship between the United States and Canada, former U.S. secretary of state Hillary Clinton said Monday.

Speaking in Toronto before a business crowd of roughly 1,800 people, Clinton said the controversial project — designed to move Alberta crude oil to the Gulf Coast — has become "a proxy for everything" as proponents and critics lock horns over its fate.

"However this Keystone decision is finally made, some people are going to be very happy, relieved and think it was the right decision — and some people are going to be distraught and even angry and upset, thinking it was a terrible decision," she said.

"I do not see it, though, nor should it be a proxy for the re-



Former U.S. secretary of state Hillary Clinton discusses her new book *Hard Choices* in Toronto on Monday. NATHAN DENETTE/THE CANADIAN PRESS

lationship. It is, after all, one pipeline. We already have a lot of pipelines that cross our border."

American approval of the pipeline has been stalled in the U.S. while the Obama administration drops hints that Canada must do more on the environment.

The TransCanada Corp. project should be part of a wider

discussion on energy and the environment, Clinton said.

"I do believe that both Canada and the United States can become even richer, more prosperous, but also more environmentally sustainable by having a broad engagement over energy and climate, and not focusing everything on this one decision."

THE CANADIAN PRESS

Hillary's Hard Choices

The former first lady was in Toronto to discuss her new memoir, *Hard Choices*.

- Many observers were hoping she might drop a few hints on whether she plans to run in the next U.S. presidential election, but she would only say she hopes to one day see a woman in the White House.
- Clinton has insisted she hasn't decided on a second bid for the presidency but over the course of her book tour so far she has made it clear she is giving it serious consideration.
- Clinton has said she finds the prospect of running for president compelling simply because it offers her the chance to help Americans find economic opportunities that elude them.

Interns. NDP hope new bill will put end to 'Wild West' exploitation of workers

The NDP is hoping to end the "Wild West" exploitation of unpaid interns with a new bill that would cap the hours an intern can work.

The private member's bill, introduced Monday by NDP MP Laurin Liu, would grant interns the right to refuse dangerous work and offer them protection from sexual harassment.

The NDP bill is limited to federally regulated workplaces, but it's better than having no protections at all, said Andrew

Cash, who is co-sponsoring the bill with Liu.

"There's many employers that take this very seriously, there's very good programs set up through universities and colleges," said Cash.

"But it is a bit of a Wild West out there in that ... if you are working at an internship program, you're at the whims of an employer who is not paying you. And sometimes that has turned in some cases tragic."

THE CANADIAN PRESS

British Columbia

Ministry: Spilled jet fuel didn't enter Columbia River

B.C.'s Environment Ministry says none of the jet fuel spilled by a tank car that overturned while being hauled by a semi entered the nearby Columbia River.

The ministry says the tanker, which overturned along the Columbia, was leaking but the leak was brought under control.

The ministry says it is unclear how much fuel was spilled or how much fuel was in the tank when it overturned.

The tanker overturned between Radium and Golden.

THE CANADIAN PRESS



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hitchBOT the robot set to hitchhike all across Canada

This summer on a highway near you.

This robot will be programmed to be so charming that drivers will give it a ride



THANDI FLETCHER

Metro in Vancouver

If you see a Wellington boot-wearing robot with garden gloves for hands on the side of the road this summer, don't be afraid to pull over.

It's only hitchBOT, the hitchhiking robot who will be attempting to bum rides across the country one car at a time. The robot, departing on its coast-to-coast journey



An artist rendering of hitchBOT, the hitchhiking robot that will attempt to cross Canada. CONTRIBUTED

from Halifax July 27, will rely only on its hitchhiking

arm and ability to charm drivers into giving it a lift in its goal of reaching Victoria, B.C.

"It is quite cute," said Frauke Zeller, hitchBOT co-creator and assistant professor at Ryerson University. "We tried to make it cute and it's not heavy so people can lift it up."

Still in the process of being made, hitchBOT will consist of various household items, like pool noodles, a bucket, a cake saver, garden gloves and Wellies. The robot's creators hope to answer the question of whether robots can trust humans by sending it hitchhiking.

It will be placed on the side of the road where it will stick out its thumb. Follow the journey on Twitter and Instagram at @hitchBOT.

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China. Ai Weiwei says his legs-as-guns meme was about overuse of power

Days after sparking a new Internet meme with photos of people brandishing their legs as guns, Chinese dissident artist Ai Weiwei said Monday that his original posting on Instagram was a statement about the overuse of power in fighting terrorism.

China is in the midst of an anti-terror campaign prompt-

ed by several high-profile attacks on civilians over the past year blamed on Muslim militants from the country's far western Xinjiang region. Scores of people have been arrested in Xinjiang, security on subways has been tightened and many local police are now carrying guns for the first time. THE ASSOCIATED PRESS



On Instagram, Ai Weiwei aims his leg as a rifle. AI WEWEI/THE ASSOCIATED PRESS

Maine

Gun tattoo and the real thing too

A man with a realistic-looking tattoo of a gun on his stomach had the real thing tucked into his waistband when he was arrested. Michael Smith, 41, told police he'd stolen prescription narcotics from a girlfriend. He was charged with stealing and his gun was confiscated.

THE ASSOCIATED PRESS

Florida

Big guy hid drugs under fat: Cops

A man who weighs 200 kilograms faces charges after Florida police say he hid cocaine and 23 grams of marijuana under stomach fat. A sheriff stopped a vehicle because the passenger wasn't wearing a seat belt. A police dog detected the drugs and Christopher Mitchell, 42, and the driver were arrested. Police also found a gun. THE ASSOCIATED PRESS

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Fighting for the boreal forest

Northern Manitoba.

Advocates add their voice, as government aims to get the area recognized as a UNESCO world heritage site

Two environmental groups are calling for more protection of the boreal forest in northern Manitoba, which they describe as an important animal habitat and key protector of water quality.

A report by Ducks Unlimited Canada and the Boreal Songbird Initiative calls for 50 per cent of the forest to be protected from development. It suggests the other half could be developed cautiously with an eye to ecosystem protection.

"We know that development is definitely going to take place and we're not saying, 'Hey, halt development,'" said Christopher Smith of Ducks Unlimited.

A middle ground

"There's still lots of room for development, but there's also lots of room to consider protection as well."

Christopher Smith of Ducks Unlimited

"There's still lots of room for development, but there's also lots of room to consider protection as well."

The forest has attracted international attention because it's mostly intact and it's huge. At 570,000 square kilometres, it's larger than countries such as Sweden. The federal government, along with Manitoba and Ontario, is trying to get a large swath of the forest along the interprovincial boundary recognized as a UNESCO world heritage site.

The forest is an important habitat for caribou, birds and other animals, the report says, and acts as a natural filter for water. **THE CANADIAN PRESS**



When he comes back you'll know, know, know (this is an actor auditioning to play Rob Ford)

Geoff Stone does an impression of Rob Ford at auditions for a musical about the mayor of Canada's largest city, held at Second City Training Centre in Toronto on Monday. Dressed in suits with red ties and armed with monologues about smoking crack and songs including Amy Winehouse's Rehab, hopeful stars of *Rob Ford The Musical: The Birth of a Ford Nation* put on their best impersonations of the embattled Toronto mayor at an open casting call for the upcoming show. **PHOTO: TORSTAR NEWS SERVICE; TEXT: THE CANADIAN PRESS**

Alberta

First Nations sue Ottawa over unsafe drinking water

Four Alberta First Nations have filed a lawsuit against the federal government in an effort to resolve long-standing drinking water problems.

"We just want equality," said Chief Jim Badger of the Sucker Creek First Nation, where water lines are tainted by poorly designed sewers. **THE CANADIAN PRESS**

Near Peace River

Oilsands firms to undergo smell test

Alberta's energy regulator is mounting a two-week "compliance sweep" near Peace River, Alta., to ensure oilsands companies are following new rules on odour emissions.

The move follows hearings into complaints gassy odours from Baytex Energy's facilities were driving some people from their homes. **THE CANADIAN PRESS**

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Stacey Yepes poses for a photo in her home in Thornhill, Ont., on Monday. When Yepes lost all feeling on her left side while driving home after running some post-work errands, she grabbed her phone and videotaped herself to show doctors what had been happening to her. MICHELLE SIU/THE CANADIAN PRESS

Selfie helps docs diagnose stroke

Quick thinking. After being told attacks were due to stress, Toronto-area woman decides to record her next episode

It may be the most unusual — and quick-thinking — use of a smartphone selfie yet.

When Stacey Yepes lost all feeling on her left side while driving home after running some errands, she grabbed her phone and recorded herself to show doctors what had been

happening to her.

A day earlier, Yepes had been in her Thornhill, Ont., home when she lost feeling in her left side and she couldn't lift her limbs. Even though the symptoms dissipated, Yepes decided to go to the emergency department of a nearby hospital. But at the hospital, following a round of tests, the doctor told Yepes that her symptoms were the result of stress.

She was fine all next day at work, until the episode while driving that prompted her to pull over and grab her phone.

somebody because I knew it was not stress-related."

She got herself to Mount Sinai Hospital in downtown Toronto, where an ER doctor said he believed she had been experiencing transient ischemic attacks (TIAs), which are small but potentially serious strokes.

The physician referred her to the stroke unit at Toronto Western Hospital, where tests confirmed the diagnosis.

"We've never had a patient do this before," Dr. Cheryl Jai-gobin, stroke neurologist at the hospital, said of Yepes' video.

I think it was just to show

Florida

Man accused of keeping sex slaves

A 53-year-old accountant is being held in a Florida jail on charges of human trafficking after authorities say he kept three women trapped in virtual slavery for months, prostituting them and videotaping sex acts to put online.

ing sex acts to put off clients. Records show the women met Timothy Deegan in 2013 through a website where they booked clients as sex workers. He is said to have set up traps and made weapons to threaten the women and prevent them from leaving. **THE ASSOCIATED PRESS**

Gay rights. Obama to sign executive order banning workplace discrimination

U.S. President Barack Obama plans to sign an executive order banning federal contractors from discriminating against employees on the basis of their sexual orientation, a White House official said Monday.

The move follows years

of legal challenges to the

U.S. government's

policy of excluding

lesbian, gay, bisexual

and transgender people

from military service

and from federal

contracting.

The move follows years of pressure from gay rights groups for Obama to act on his own while a broader employment non-discrimination measure languishes in Congress. The Senate passed the legislation last year but the bill stalled in the Republican-led House.

impacts federal contractors, which make up nearly one-quarter of the U.S. workforce.

Obama has used this tactic before, signing executive orders that raise the minimum wage for federal contractors and expanding the number of workers who would be eligible for overtime pay.

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Iraq insurgency. Canada ruling out military intervention, Baird says

Canada has ruled out any military participation in Iraq to help stem the tide of the rampaging Sunni insurgency.

Foreign Affairs Minister John Baird made that abundantly clear during question period Monday.

"We are committed to working with the Iraqi leadership," Baird said, before quickly adding, "I should point out that Canada has not been asked to participate in any military effort, nor is it something we are considering."

Canada is distancing itself from the Iraqi crisis as the Obama administration in Washington continues to grapple with a response to the attacks by the al-Qaida-inspired Islamic State of Iraq and the Levant.

The militant group is on the march toward Baghdad after overrunning the mainly Sunni cities of Fallujah, Mosul and Tikrit.

U.S. President Barack Obama has ruled out deploying U.S. ground troops, but the White House is considering other military options to aid the Shiite-led government, including possible air strikes.

Canada, meanwhile, has withdrawn its only diplomat from Iraq because of the deteriorating security situation.

A Foreign Affairs spokesman said security concerns forced Canada's acting chargé d'affaires to leave Iraq on Sunday.

THE CANADIAN PRESS



A Shi'ite tribal fighter in Baghdad Monday. KARIM KADIM / THE ASSOCIATED PRESS

Lac-Mégantic

Quebec seeks damages from insolvent railway

The Quebec government is adding its name to a list of creditors seeking money from the insolvent railway company at the heart of the Lac-Mégantic train disaster.

The government said Monday that it is seeking \$409 million from the Montreal, Maine & Atlantic Railway for expenses incurred and yet to come that stem from the July 6, 2013, tragedy, in which 47 people were killed.

The government said it has already spent \$126 million in public funds and suggests that future costs relating to the re-building of Lac-Mégantic could be in excess of \$283 million.

Europe unaffected

Russia halts flow of natural gas to Ukraine

Russia halted natural gas deliveries to Ukraine on Monday, spurning Ukraine's offer to pay some of its multibillion-dollar gas debt and demanding upfront payments for future supplies.

The decision, coming amid deep tensions over eastern Ukraine, does not immediately affect the crucial flow of Russian gas to Europe.

Ukraine has enough reserves to last until December, according to the head of its state gas company Naftogaz.

Previous gas disputes left Ukraine and some Balkan nations shivering for nearly two weeks in the dead of winter.

THE ASSOCIATED PRESS



A man observes the remains of destroyed vehicles and buildings on Monday in the town of Mpeketoni, about 100 kilometres from the Somali border on the coast of Kenya, following an attack by dozens of Al-Shabab militants. THE ASSOCIATED PRESS

Al-Shabab militants kill 48 in Kenyan coast town

Tourists warned off.

Islamic extremist attacks on the rise in country once viewed as bastion of stability in East Africa

The gunmen went door to door in the Kenyan town, demanding to know if the men inside were Muslim and if they spoke Somali. If the extremists did not like the answers, they opened fire, witnesses said on Monday.

Al-Shabab, a Somali group linked to al-Qaida, claimed responsibility for the hours-long assault on the coastal community of Mpeketoni, where 48 people were killed.

The attack began Sunday as residents watched World Cup matches and lasted until early Monday, with little resistance from Kenya's security forces.

After daybreak, Kenyan troops and residents stared at the bodies lying on dirt streets by still-smouldering buildings. Two hotels and many vehicles were set on fire.

The attack highlights the growing incidence of Is-

lamic extremist violence in a country once seen as the bastion of stability in East Africa, drawing tourists from around the world.

The merciless life-or-death religious assessment recalled al-Shabab's attack on an upscale mall in Kenya's capital, Nairobi, last September in which at least 67 people were killed, some of them after not being able to answer questions about Islam.

The Interior Ministry said that at about 8 p.m. Sunday, two minivans entered the town. Militants disembarked and began shooting.

At the Breeze View Hotel, the gunmen pulled the men aside and ordered the women to watch as they killed them, saying it was what Kenyan troops are doing to Somali men in Somalia, a police commander said on condition of anonymity because he was not authorized to speak about the attack.

Kenya has experienced a wave of gunfire and bomb and grenade attacks in recent months.

The U.S., U.K., France, Australia, and Canada have all recently upgraded their terror threat warnings for the country.

THE ASSOCIATED PRESS

'Sprayed them with bullets'

Man's two brothers killed as he watches

Al-Shabab says it attacked the town of Mpeketoni Sunday because of Kenya's "brutal oppression of Muslims in Kenya," including the killings of Muslim scholars in Mombasa.

"They came to our house at around 8 p.m. and asked us in Swahili whether we were Muslims. My husband told them we were Christians and they shot him in the head and chest," said resident Anne Gathigi.

John Waweru said his two brothers were killed because the attackers did not like that the brothers did not speak Somali.

"My brothers who stay next door to me were killed as I watched. I was peeping from my window and I clearly heard them speak to my brothers in Somali and it seems since my brothers did not meet their expectations,

they sprayed them with bullets and moved on," said Waweru.

Interior Minister Joseph Ole Lenku said the attackers fled into the nearby wilds, known as the Boni Forest after a "fierce exchange of fire" with security forces.

At a news conference, Ole Lenku was put on the defensive about the government's security record after a string of attacks.

Kenya's deteriorating security situation and travel warnings from foreign embassies have hit the country's tourism sector.

The region saw a spate of kidnappings of foreign tourists in 2011 that Kenya said was part of its motivation for attacking al-Shabab in Somalia.

Since those attacks and subsequent terror warnings, tourism has dropped off sharply around Lamu, a UNESCO World Heritage Site and the country's oldest continually inhabited town.

Mpeketoni is about 30 kilometres southwest of Lamu.

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Bad bet by finance worker costs Greenpeace \$5M

No evidence of fraud.

Environmental group concerned that reckless move will offend supporters

Greenpeace has suffered a \$5.2 million US loss on an ill-timed bet in the currency market by a well-intentioned — if reckless — employee in its finance department.

The environmental group, which is based in Amsterdam, said Monday the employee — who had bet the euro would not strengthen against other currencies in 2013, when it did — had acted beyond the limits of his authority.

Greenpeace International fired the employee, whom it did not identify, but said there was no evidence of fraud.

"Every indication is (that) this was done with the best of intentions, but not the best of judgment," said spokesman Mike Townsley in a telephone interview from Mexico.

He said the organization was deeply concerned that

Cutting its losses

- Townsley of Greenpeace said the organization has already taken steps to strengthen financial controls to prevent such incidents in the future.
- The group said it would absorb the loss by cutting planned investments in "infrastructure" and pledged not to reduce spending on campaigns and protest actions.

the incident would offend its supporters, and apologized. Greenpeace does not accept contributions from companies or governments and is funded entirely by individuals.

The employee was a financial expert whose job included currency trades to protect the organization from fluctuations in the market. He was not qualified, however, to undertake trades on the scale he did, Townsley said. In addition, he ignored company rules, under which he should have checked

with supervisors and probably hired an external expert for advice on how to manage risks, Townsley added.

"Hindsight is 20/20, but we believe if he had followed rules and procedures, this wouldn't have happened," said Townsley.

He said the employee was fired for ignoring rules, not for the loss itself, which — although sizeable compared with donor contributions — amounts to a fraction of the organization's annual revenues of around 300 million euros, or \$406 million US.

Gerald Steinberg, the president of NGO Monitor, which studies accountability at non-profit organizations, said it would be normal for a non-profit organization that large to turn to external experts to oversee at least some of the more complex aspects of its finances.

"It's big business," he said. "But what you see sometimes at an organization like this is that its ability to manage finances has lagged behind its ability to solicit and raise funds." **THE ASSOCIATED PRESS**



Cracking down on wildlife trafficking

Inspector Hamilton, left, points to confiscated items at a news conference at JFK international Airport on Monday in New York to highlight efforts by U.S. Customs and Border Protection and U.S. Fish and Wildlife to deter illegal trafficking in wildlife. A carved elephant tusk, centre, was made into a sculpture. A rhino horn is at left, and an elephant tusk is below. The items displayed were seized from baggage and cargo arriving at the airport. The government is cracking down on the illegal trafficking, saying some import-export activity may be linked to terrorists. **MARK LENNIHAN/THE ASSOCIATED PRESS**

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Wages. Canadians get paid about the same as Americans, study finds

Wage levels in Canada are generally in line with those in the United States, says an internal government study, suggesting the pay packets of Canadian workers pose no special competitive disadvantage.

The research, by Employment and Social Development Canada, found that since the 2008-2009 global financial crisis, any average differences in the two countries' wage lev-

els have largely disappeared.

Less-educated Canadians earn slightly higher wages than their American counterparts, but well-educated Canadians earn slightly less.

The result appears to be a more equalized wage economy that is well-positioned internationally to compete with Canada's largest trading partner and others.

THE CANADIAN PRESS

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Job perks. Company to subsidize tuition for U.S. employees who choose online courses at Arizona State; could expand internationally

Starbucks is giving its baristas a bargain on an online college degree.

The company is partnering with Arizona State University to make an undergrad education available at a steep discount to 135,000 U.S. employees who work at least 20 hours a week. Workers can choose from 40 educational programs, and they won't be required to stay at Starbucks after earning the degree.

For freshman and sophomore years, students would pay a greatly reduced tuition after factoring in a scholar-

ship from Starbucks, ASU and financial aid, such as Pell grants. For the junior and senior years, Starbucks would reimburse any money that workers pay out of pocket.

That means employees who already have two years of college under their belts would be able to finish school at no cost.

Tuition reimbursement is a rare benefit for low-wage workers in the retail industry. In 2010, Wal-Mart Stores Inc. started offering partial tuition grants for workers at American Public University, a for-profit, online school.

Starbucks already has a program that reimburses workers for up to \$1,000 a year at City University of Seattle or at Strayer University. Starbucks says that will be phased out by 2015 in favour of the new program, which is far more generous.

THE ASSOCIATED PRESS



Looking ahead

- Cliff Burrows, head of the Americas for Starbucks, said he hopes the program will encourage other companies to offer similar benefits. He added that Starbucks plans to look at expanding the educational perks to workers overseas.
- The Seattle company doesn't know how many of its workers will apply, and it isn't saying how much the program might cost. Tuition for an online degree at ASU is about \$10,000 a year, although it can vary depending on the program. Many Starbucks workers would likely qualify for a Pell grant, which can be worth as much as \$5,730.

what makes me happy?

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#NOFILTER #PRENUP #BADIDEA

Recently engaged couple Alan Linic and Claire Meyer are experts when it comes to PDA: publicly displaying arguments. The pair has been documenting their fights from their shared Twitter account aptly named @WeFoughtAbout since August 2013. The feed—which now has over 21,000 followers—offers a humorous glimpse into the mundane reasons behind the couple's domestic squabbles including disagreements over television shows, haircuts and computer passwords.

While Linic and Meyer are happy to broadcast their quirky romantic quarrels to thousands of followers, most of us have a bit more restraint when it comes to sharing our personal lives online. Some couples are even going so far as to draw up formal contracts to govern what they can and can't post about each other online.

We might be living in a digital world but I think couples need to exercise a little common sense regarding social media



SHE SAYS
Jessica Napier
metronews.ca

etiquette. Uploading an unflattering photo of your fiancé to Facebook is pretty thoughtless, but it isn't exactly a relationship deal-breaker and it shouldn't require legal intervention.

And yet an increasing number of couples are turning to third-party experts to help them navigate their expectations concerning online behaviour.

New York-based attorney Ann-Margaret Carrozza appeared on a recent episode of Good Morning America to discuss the rise of social media clauses in prenuptial agreements. Customizable lifestyle contracts are designed to prevent partners from posting private, embarrassing or potentially incriminating content about one another on social networking sites.

The consequences for individuals who violate the behavioural prerequisites outlined in a prenup can range from simple punishments, like doing the dishes, to more serious penalties such as fines up to \$50,000, Carrozza said.

Whatever happened to communicating with your significant other openly and honestly? If you need to hire a professional to draw up a legally binding document to regulate what sort of content you can share about one another on the Internet, then you might want to consider whether or not your relationship is even ready for the next step.

Unless you're a Kardashian, you should understand that some parts of your private life should remain private.

Stop fretting about your fans and followers and remember that real relationships take place offline. Live-tweeting your romance shouldn't trump your partner's privacy concerns. While lawyers might be required to help negotiate some aspects of an upcoming marriage, complicated social media prenups shouldn't be one of them. Forget the hefty legal fees and just have an upfront conversation with your partner about your personal expectations and boundaries.

And remember to think twice before you Snapchat that sexy bedtime photo or tell off your mother-in-law on Twitter.

Follow Jessica Napier on Twitter @MetroSheSays



ZOOM

Rhinasseroous friends



Rhinoceros Manuela and her donkey friend hang out at the Tbilisi Zoo, Georgia on Monday. The zoo keepers tried to help Manuela by putting the donkey in the same cage. The strategy worked and the animals have been living peacefully together since. SHAKH AIVAZOV/THE ASSOCIATED PRESS

Bummed out rhino cheered up by new donkey buddy

Animals in the zoo in Georgia's capital are not allowed to be lonely, even if it means they end up with rather unusual companions.

A female rhinoceros called Manuela has made friends with donkeys, after failing to hit it off with either zebras or goats, while a lion cub neglected by his mother has bonded with a puppy.

THE ASSOCIATED PRESS

Not quite lion and lamb, but pretty close

Tbilisi Zoo spokeswoman Mzia Sharashidze said Manuela got depressed after the death of her mate and became aggressive toward her caretakers.

They tried putting zebras in her enclosure, but they only returned the aggression. Then they tried goats, which ran away. But the donkeys had an instant calming effect.

Nearby, lion cub Shamba lives happily with a puppy.

THE ASSOCIATED PRESS

A friend in need

- Donkeys are well known on farms for having a calming effect on livestock. At weaning time a donkey can help ease the trauma of a foal being separated from its mother. The donkey has a relaxing influence on the foal and willingly takes on responsibility for its well-being. Donkeys also make good pals for grown horses recovering from injury or surgery.

SOURCE: DONKEYANDMULE.COM

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MetroTube

Drone smackdown



ANDREW FIFIELD
andrew.fifield@metronews.ca

So if you're anything like us, this is the first time you've seen a hostile crowd take down a drone with whatever means available, before proceeding to smash it to pieces.

But, it's pretty safe to bet it won't be the last as the skies fill with the buzz of unmanned aerial surveillance. And an arsenal of promotional T-shirts won't be an adequate weapon set for long.

(Runnerazzi/YouTube)



In this issue, you can find AR enhancements on page 23 in Life and page 31 in Sports



METRO PHOTO ILLUSTRATION



The Grand Budapest Hotel

Director: Wes Anderson

Stars: Ralph Fiennes,
F. Murray Abraham,
Adrien Brody

• • • •

Eight features into a career of artisanal whimsy, Wes Anderson has "baked" his masterwork with *The Grand Budapest Hotel*, one of 2014's best films. Every carefully arranged image is a visual treat and a comic delight.

Through the pink-frosted doors of the title retreat pass many familiar faces from Anderson's previous films — people like Bill Murray, Owen Wilson, Tilda Swinton, Jason Schwartzman and Bob Balaban. But the most engaging and amusing of them is new to Anderson's antics: Ralph Fiennes.

He's Monsieur Gustave H., the concierge of the Grand Budapest, a man of fastidious manner and reckless charm. Gustave's favourite guest is octogenarian Madame D. (Swinton), who adores him — and who wouldn't? But she fears treachery as she prepares to return to her grasping son Dmitri (Adrien Brody) and other ungrateful offspring.

There's an undercurrent of melancholy to *The Grand Budapest Hotel* that indicates how far Anderson has progressed from the studied irony of his early films. **PETER HOWELL**

The Antlers need just a little bit of patience

Familiars. Singer Peter Silberman talks how slowing down tempos helps him to be present in the moment

PAT HEALY
Metro World News in Boston

The Antlers have created a world where a cheerful mariachi horn can be right at home with classic soul chord progression and the heady dystopian plodding of Pink Floyd.

"I've been listening to Pink Floyd for so long that I'm sure it's in there in a permanent way," says singer and guitarist Peter Silberman.

On *Familiars*, the band's third official album as a multi-member concern (Silberman released several bedroom-recorded cassettes under The Antlers moniker in the beginning) the one thing that unifies all of these disparate sonic elements is patience.

"That's become my way of attempting to be present in songwriting," says Silberman of the careful pace that defines the album, "and musically, I think that playing music is a much more present activity for me, and part of the reason that I tend to lean toward slower tempos is to negate the rush to the finish line. You know how when a song starts and it's kind of catapulting towards the end of it? It's something that lately I haven't been interested in at



The Antlers' third official album as a band is called *Familiars*. MARC LEMOINE

all. I think you miss everything that happens in between with that approach. I enjoy patience in music and I enjoy trying to cultivate that for myself."

Silberman says that the other members of the band not only exercise patience when they're playing, but also when the singer is revising lyrics right up to the deadline. "Through the last days of recording, I was still changing words," he says.

Although he is able to keep himself at a slower tempo when recording his words, he does speed up when he speaks about it, still obviously excited to discuss the music.

Quoted

"There is no such thing as perfection, and I was thinking of it as some sort of puzzle, and I wanted it to be a puzzle where all the pieces fit together perfectly."

The Antlers' singer and guitarist Peter Silberman

"I wanted it to be the truest album, but I think reaching some sort of state of ultimate truth is kind of impossible and I learned that over the course of this," he says. "There is no such thing as perfection, and I was thinking of it as some sort of puzzle, and I wanted it to be a puzzle where all the pieces fit together perfectly. And I kind of just drove myself crazy trying to make that happen, and I got as close as I could get, but there's really no way to do it, since by nature of being human it's going to be flawed, and have pieces that don't quite fit together."

2
SCENE

TODAY'S TIP

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Chris Martin and Gwyneth Paltrow GETTY IMAGES

I'm still trying to fix you: Paltrow and Martin might be patching things up

Gwyneth Paltrow and Chris Martin seem to be consciously undoing their decision to consciously uncouple, as three months after announcing their split, the duo is reportedly working things out, according to the Daily Mirror. "Chris still lives with her, they are amazingly lovey-dovey together and she still wears her

wedding ring. They may have consciously uncoupled a few months ago, but they seem to be recoupling now. No one will be surprised if they get back together," a source tells the paper. "It's true they had problems, but in the weirdest way this 'conscious uncoupling' situation has relieved the pressure on them."

Twitter



@RuPaul

There's a difference between knowing the path and walking the path, and a difference between walking the path and sissy that walk



@ChloeGMoretz

There are a few people in this world I love :)



@Sethrogen

I think my greatest skill is my ability to memorize the layout of a tv remote so I can hit buttons without looking.



Kristen Stewart GETTY IMAGES

Kristen wants Moore from her relationship with Demi

Kristen Stewart has her sights set on Demi Moore as a co-star and potential new BFF, according to



Daniel Radcliffe GETTY IMAGES

all these people saying I am not going to have a career? What if they are all going to be right, and will be laughing, and I will be consigned to a bunch of 'Where are they now?' lists?"

Peace out, Potter: Radcliffe relishing life with a little less Harry

Daniel Radcliffe isn't living under the shadow of the Harry Potter franchise as much anymore, and he's thrilled about that. "People don't shout Harry Potter at me now. They tend to know my name, which is lovely," he tells Sky Arts.

"But I will always credit the opportunities I got from Harry Potter. I would not be a happy person if I was bitter about those 10 years of my life." Speaking of being happy, a big part of that for Radcliffe includes giving up alcohol, which he did in 2010, and dodging the anxiety being a successful child actor can bring.

"I would have benefited from not drinking as it was not making me as happy as I wanted to (be)," he says. "It is not a real pressure, but it is a pressure of living with the thought, 'Oh, what is (it with

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



AdorbZzz photo makes us momentarily forget that Kanye West is Kanye West

MELINDA TAUB
Metro World News

Kanye West's ego is dwarfed only by his talent. In everything he does — music, fashion, general celebrityness — he pushes himself to be the very best. So of course if Kanye West takes a nap, it's going to be the very best nap of all time.

Kanye proved his domination at the nap game this weekend. Sunday was Father's Day and also hap-

pened to be the first birthday of North West, Kanye's daughter with his new wife Kim Kardashian. Kim snapped the above pic of her family, snuggled up together for a ridiculously cute Dad's Day snooze.

"This is what life is about! Our baby girl turned 1 today! We played so hard they passed out while we were watching the game! Happy Father's Day to the best daddy in the world! The way you love our daughter and protect her makes me filled with so much love!" Kim captioned the photo on Instagram.

I hope Kanye continues to make fearless, groundbreaking music. However, if he does not — if he produces nothing but, say, a coffee-table book, filled with photos of him and North napping in matching outfits, dreaming of ba-bas and rap domination — would that be so bad?

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It's the workout that doesn't lie



Want a waist like Shakira? Try this workout. CONTRIBUTED

Celeb routine.

Shakira's personal trainer shows us how to banish the bulge

ROMINA MCGUINNESS
Metro World News in London

"Most people crave that V-shaped torso: that slight indentation that stops your upper body from being a straight line, which is what you end up with if you do too many straight up crunches," says Anna Kaiser, superstar Shakira's personal trainer.

"You'll change the way that your muscles are shaped, sure, but you also need to mix it up with some cardio if you want to build strength," Kaiser says. "Also, don't think you can just do this workout and then run to the store and celebrate with a greasy treat and soda!" Want to sculpt your waist? Do this workout five times a week — if you can!

1. SKI PLYOS

From plank position, jump both legs toward your left hand, then jump toward your right hand. That's one rep. Repeat jumping from side to side, trying to lift your hips into the air between landings. Do 10 reps.



3. JACKKNIFE WITH A TWIST

Stabilize in a plank position, with your shins on the swiss ball. Press down into the ball with your shins as you lift your hips toward the ceiling and bend your knees toward your chest. Aim your knees toward your left shoulder (twisting in your mid-section) as you finish bringing your knees toward you (feeling your obliques kick in). Return to plank and repeat on the right. Do 10 reps.



5. TWISTING SIT UP

Lie down on your back, arms extended straight overhead on the floor. As you come all the way up to sit on your booty, lift your right knee toward your chest and twist toward the leg as you come into the seated position (arms come out to the side, spine straight). Lower back down. Repeat on the left. Do 10 reps.



2. SUPINE SWISS TWIST

Place a swiss ball between your legs and lie down on your back (legs extended towards ceiling). With your hands out in a T position and keeping your legs straight, lower your legs toward the floor (about halfway), and rotate the ball to the right, rotate back to centre, and then lift the legs back to the starting position. Repeat on the left. Do 10 reps.



4. DOUBLE TAP OUTS

Start in a plank position on the floor. Tap your right toe out to the side at a 45-degree angle (keeping your right hip parallel to the floor). Then bend your knee and tap your right toe as close to your right shoulder as possible. Return to plank and repeat on the left. Do 10 reps.



6. SIDE PASSE DIP

Position yourself in a side plank, supporting your body with your left arm. Anchor your right foot on the floor, bend your left leg, and hold your left foot to your right knee (in passe). Maintaining that position, try to dip your left hip to tap the floor and come back up again. Do 10 reps.



Make sure men in your life eat right



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the current issue of Best Health magazine, our registered dietitian columnist, Sue Mah, talks about how she ensures the men in her life are eating right for their age. Here is an excerpt.

Mah's son, age 13, is "growing like a weed." Between the ages of nine and 18 are the bone-building years for both

boys and girls, so he needs more calcium than ever: 1,300 milligrams a day. That's three to four servings of milk and alternatives, according to Canada's Food Guide. Mah ensures he has a serving of cheese, yogurt and/or milk at every meal.

As for healthy school lunches, he brings a packed lunch from home most days, but once a week he buys it from the cafeteria.

Mah says, "I don't critique his choices because I want to encourage his decision-making. And he rounds out his some-

times junky choice with fruit, veggies, cheese and juice." She always has healthy foods at home so he can make snacks — such as avocado for guacamole, and berries and yogurt for smoothies.

Mah's husband, who is at a healthy weight, has risk factors for diabetes being of Asian descent, and being over 40. Because he sometimes does the grocery shopping, Mah says, "I've given him advice on reading nutrition labels. He now chooses products that help him cut back on sugar. If

he has lunch at the office food court, he now swaps pad thai — which is heavy on carbs and doesn't have enough veggies — for a green salad with lean protein such as chicken. He even keeps nuts in his car for snacking on his long commute."

And Sue Mah's dad and father-in-law are in their mid-'70s and therefore vulnerable to heart disease and cancer.

"They are both healthy, so my main goal here is to help them age well. I suggest they eat colourful fruit and veggies for fibre and antioxidants, plus

fish, nuts and seeds for healthy fats that boost brain health. I also recommend they take 1000 IU of vitamin D a day, since we become less efficient at making it as we age." The recommended amounts vary: Canada's Food Guide suggests 400 IU for those over 50, while Osteoporosis Canada suggests 800 to 2,000 IU for those over 50.

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3
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Health Solutions

Healing inflammation tastes so good

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Turmeric is the ingredient in most curry powders that will stain your fingers, counters and plastic containers.

It has also been intensely studied and is widely accepted as a potent anti-inflammatory food. Inflammation is believed to be at the root (Get it? Turmeric is a root!) of many diseases like arthritis, dementia and heart disease. The bottom line is that you want more of the foods that reduce the pressure of living.

Adding turmeric daily is simple. It doesn't have a strong flavour and hides itself well in other spices.

- Add a pinch to your morning



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

smoothie, and it will go relatively unnoticed.

- Include it in curried egg salad, frittatas or omelettes.
- Sprinkle into your salad dressing for lunch.
- Stir in as an invisible but nourishing addition to red or yellow soups or tomato sauces.
- Mix into spice breads, muffins or even cookies

Turmeric is available as a supplement but it is also available as a powder that can be packed manually into empty gel capsules for 1/100th of the price. Ask your doctor before adding this, though. It can enhance the efficacy of other blood thinning drugs. It is just that good!

FLASH FOOD

From your fridge to your table in 30 minutes or less

Fish, no matter how you slice it, is a superior protein. What fat it contains is the omega-3 good kind that lubricates your joints.

The added bonus with this Pan-Fried Turmeric Fish is that it is "breaded" in a whole wheat/turmeric coating. Together, they create a crispy

Ingredients

- 1 egg
- 2 tbsp turmeric
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white pepper
- 1 lb catfish fillets or other firm white fish
- 1 tbsp butter
- 1 tbsp grapeseed oil



START TO FINISH
12 MINUTES

This recipe serves four. COURTESY THERESA ALBERT

crust that is delicious, yes, but the real benefit is that turmeric is a potent anti-cancer spice that is making good headlines.

1. Beat egg in a shallow bowl with 1 tbsp of water.

2. Mix turmeric, whole wheat flour, sea salt and white pepper in a separate bowl.

3. Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.

4. Warm skillet over medium-high heat and add butter and oil. Add coated fish. Cook 3 minutes and turn to cook 3 more minutes. Set onto paper towel to absorb excess fat. THERESA ALBERT OF MYFRIENDINFOOD.COM

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in the Subject Line. All submissions will be treated as confidential.



LEARNING CURVE

Summer time doesn't mean you have to stop learning

The summer months are a great time to take a break from hitting the books — or are they? University and college students who burned the midnight oil studying during the previous eight months should think about continuing to exercise their brain during their downtime to make it easier to get back into the swing of things in September.

"Reading is like a muscle — if you don't use it, you lose it," says Margaret Eaton, the president of ABC Life Literacy Canada, a non-profit organization that inspires Canadians to increase their literacy skills. "All it takes is 15 minutes a day of reading or engaging in a fun literacy activity to keep the mind active."

There are myriad ways to get a mental workout that don't involve studying. Here are a few:

COOK UP A STORM. Following a recipe is a fun way to practice reading, math and comprehension. The more complex the instructions, the better — and the more delicious the result.

PLAYBOARD GAMES. Games such as Scrabble help provide a mental workout and prompt players to regularly consult the dictionary, all in the name of some competitive fun.



SHUTTERSTOCK

WRITE, RESEARCH AND SCRAPBOOK. If you're travelling or working at a summer camp, send postcards to family and friends. Before you set out on a trip, read

guidebooks and surf the Internet for information about your destination. Back at home, assemble a scrapbook of photos, ticket stubs and souvenirs.

—Jane Doucet



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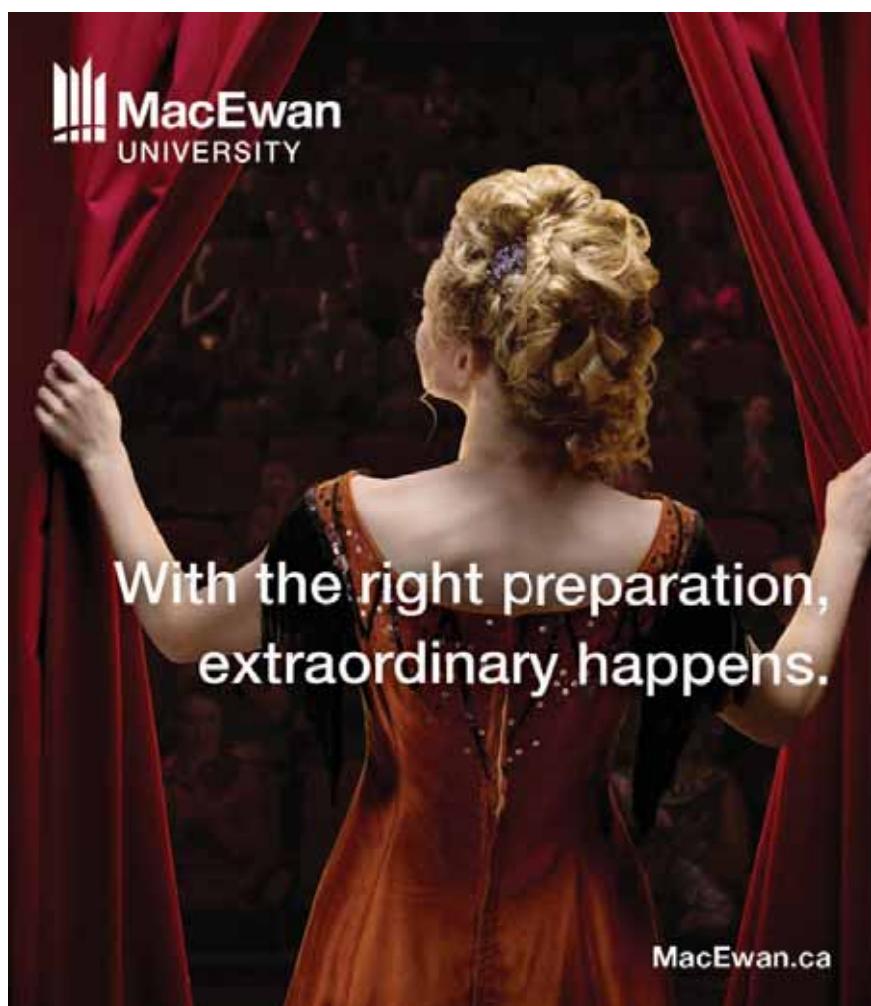
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Health-care aides play a pivotal role in the industry

After spending years working in warehouses and as a cook, June Edwards-Francis began to feel unsatisfied with her career choices.

When she discovered the ABES (Alberta Business and Educational Services) health-care aide program, she found the life path she had been searching for.

"The health-care aide program was the best decision I have ever made," says Edwards-Francis.

"I now have a very meaningful career helping people."

"I would recommend anyone to take the program at ABES, it is everything that was promised from the very beginning," she says.

Edwards-Francis says the staff are invested in the success of their students and the quality of the clinical experience was invaluable to her education.

She says she was even offered a job out of her practicum and is now currently working full time and earning a good income.

"ABES really prepares you for the work

place and everything they taught us in school is very true in the work place."

"I have heard many times now in the working environment that ABES has the best health-care aide program and those are the students employers like to hire."

Since 2001, the Government of Alberta Health Care Aide Program at ABES has graduated thousands of Health Care Aides in the Calgary area — with employment rates always exceeding 90 per cent.

This full-time, 21-week program will provide students with all the skills and practical experience necessary to work as a Government of Alberta approved health-care aide.

All students complete a minimum of three different practicums throughout the program.

The practicum component is key to the success ABES students have had with the health-care aide program.

Each student's practicum reinforces the skills gained through the program.

ABES runs in partnership with Alberta



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Health Services, Calgary Lab Services and Alberta Human Services.

For more information about this program, visit abes.ca.

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Mount Royal saddles up for learning

Forget the boring classrooms and textbooks, Mount Royal University is taking their leadership workshops to the wild west this summer and fall.

Saddle up and join the ride towards learning leadership skills taught by working with horses as a team.

"We take a different approach to learning and leadership through working with the horses, and that allows people to fully retain the skills they learn and apply them to their work and personal lives," says Carolyn Charles, director of sales and marketing and facilitator.

"There is no better teacher for leadership than a horse and they demand it and will accept nothing less than people working to their full potential."

MRU is working in together with Equine Connection and Bluegem in partnership to offer an extraordinary way of learning outside the typical boardroom.

MRU believes strong leadership skills are necessary for any team member to work effectively together in achieving results.

"In the five years that we have been



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running this program, there has not been one person who has left without a change in how they communicate and an understanding of how others communicate," says Kari Fulmek, EAL instructor, senior facilitator and owner.

"We have had high-level executives tell us year later, that they still use what they learned from our horses in every aspect of their lives from managing a large oil and gas company to effectively communicating with their family at home."

These three workshops look at 21st century leaders, high performing coaching and harnessing multi-generational effectiveness.

"This is for anyone who wants to think outside the box," says Charles.

"This is a learning opportunity that

works for anyone wanting to improve all the aspects of their lives, but especially to be a leader of their lives — in the office and out."

For more information about the leadership wild west workshops visit conted.mtroyal.ca/wildwest.

THE WILD WEST

Workshops are scheduled throughout the summer until the end of October. Corporate teams or individuals are welcome to take part. The workshops take place in Strathmore. These workshops are not part of the leadership development extension certificate program.

Pursue a career in the construction industry Study project management at Mount Royal and get the job done



CONTRIBUTED

Strong project management is important in the construction industry because a project will only succeed if it is finished safely, on time and on budget.

Project management has continued to grow in popularity as a career choice, and candidates who can demonstrate formal education in best practices will really stand out from the crowd.

Through the project management in construction extension certificate, offered through Mount Royal University, individuals can gain these skills to take back to the workplace.

"At Mount Royal University we have a great team of instructors who have the project management knowledge

and construction industry experience to bring the course material to life with real world examples," says Matt Luik, instructor for the project management in construction extension certificate at Mount Royal University, and manager at MMM Group Limited in Calgary.

"Students often comment that they enjoy how practical the courses are and they find that they can immediately apply what they have learned in their jobs."

The program is made up of six courses, which cover all the key areas of project management and how they can be applied successfully in the construction environment.

Starting this September, this program will also be offered in an online delivery format.

"This new online delivery format offers students the flexibility of being able to study at their own pace over a period

of four weeks rather than spend two full days per course on campus," says Luik.

"That's great news for students who live outside of Calgary or who just can't take time off work or away from their family."

Luik says the classroom environment is replicated through the use of an online discussion board where students can ask questions and share their thoughts with other students.

Students may choose to take the course in a blended format — both online and in class. For more information about this program, visit conted.mtroyal.ca/pmconstruction.

MORE INFO

The program has been designed for anyone who is interested in having a better understanding of the project management profession as it relates to the construction industry, or anyone looking to pursue the formal role of project manager in the construction industry. Thirty-five hours of this program is recognized by PMI as educational hours that can be used towards writing the PMP exam.

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Biology prof shares his knack for nature

Gaining a new perspective is a key part of the tropical rainforest ecology course Dr. Michael Stock helped develop at MacEwan University

There's a smile on Dr. Michael Stock's face when he steps into the biology lab. As he flips on the lights, a shrine to the natural world appears — skulls of varying sizes, brightly coloured marine organisms and other natural treasures. You can't help but be infected by his enthusiasm for living creatures.

And his students feel it, too — even in a potentially dry history of biology course. Instead of taking a chronological approach to history, Michael seizes the opportunity to look at philosophical questions — such as whether scientists should be public figures, or whose job it is to make research available to the public — and engages students in lively debates. "They get right into it. Those discussions are where great learning happens," says Mike.

Getting a new perspective is a key part of the tropical rainforest ecology course Mike

developed with two fellow biology instructors. More than 100 students have travelled to the Amazon rainforest in Ecuador as part of the course. "Every student comes back saying it was life-changing. The potential for discovery is so inspiring. Every time we go around a bend in a trail there could be something no one has ever seen before."

The fact that there are so many questions to be answered and things yet to be discovered in the natural world is what originally drew Mike's attention to biology. He hopes to spark that same sense of curiosity in his students.

"If students see the value in biology, then I've succeeded," he says. "I hope it's something they carry with them when they are nurses, veterinarians, businesspeople, or environmental lawyers — that they'll remember the value in preserving a natural environment."

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Columbia accommodates

This September, Columbia College has made it more convenient to earn a diploma in the areas of human services, criminal justice, business management, and in the education assistant certificate programs.

Starting this fall, these programs will undergo a change to their delivery format and will now be offered on an evening and weekend schedule.

"The reality is that most of the mature learners that have contacted the college are requiring a more dynamic, flexible delivery for their education," says Patrick Simmons, registrar at Columbia College.

"We remain to see adults contact us looking for the face-to-face support seen in a classroom-

based learning model, but unfortunately are faced with the reality of having to work while they pursue their further education goals."

He says financial barriers are a key factor that lead students to work more and more while they also try to maintain a full-time course load and shifting course away from the regular weekday work hours is helping to alleviate this problem.

While the programs will continue to be accelerated, the new evening classes will include two, four-hour classes and the Saturday course will take place a full day Saturday — each for five weeks.

For more information about the changes to these programs, visit columbia.ab.ca.

Hit the books this summer, get ahead



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Be one step ahead of the competition by enrolling in the Academy of Learning this summer.

While everyone else is relaxing, study with us and be ready for the job market well before those who wait until September to go back to school.

"Every week new students start into one of our career diploma programs knowing over 90 per cent of our graduates succeed in the profession of their dreams," says Charles Jarvis, general manager at Academy of Learning Career College.

"Academy of Learning Career College doesn't have waiting lists with its highly effective and individualized learning system."

The school is a business and career college offering year-round intakes. In less than a year, students can train for careers in fields that are in demand for both individuals and employers, such as office administration, IT, web design, accounting and specialty areas such as legal, insurance, tourism and marketing.

"At Academy of Learning Career College, we are always studying labour-market trends to ensure we are offering the programs people need, and our graduate employment rates show that we've been doing the right thing," says Jarvis.

Call 403-310-JOBS, or visit academyoflearning.ab.ca.



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ABM MEETS NEEDS

With a goal of staying ahead of the current labour market, ABM College developed the pharmacy assistant program to meet the need for trained workers in the pharmacy field.

Pharmacy assistants work under the supervision of the pharmacist and assist pharmacists and regulated pharmacy technicians in the day-to-day running of a pharmacy.

The pharmacy assistant program prepares students for a fulfilling career in retail pharmacies or hospital pharmacies.

This program consists of 43-weeks of in-class training, followed by an eight-week practicum in a health care institution or community pharmacy.

"We use the highest potential of students for best learning outcomes," says Syed Ahmad, pharmacy assistant instructor at ABM College.

Visit abmcollege.com.

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Sail through summer on a hot budget

Most Canadian university and college students wrap up exams in the spring, then start searching in earnest for a summer job. With the potential to rake in the dough from May to the end of August, after what may have been a tough eight months of budgeting for school expenses, it's important not to get a false sense of financial security before classes resume in the fall.

"When student loans, bursaries, scholarships and summer earnings start coming in, suddenly there's a big chunk of money in the bank account," says Stephanie Holmes-Winton, the CEO of The Money Finder, a Dartmouth, N.S.-based financial services training company. It's key to not blow that cash throughout the summer, but many young people haven't been taught how to properly manage their money. Holmes-Winton offers these tips:

CHOOSE THE RIGHT BANK ACCOUNT Don't put school savings in an account attached to a debit card. Instead, set up an automatic monthly transfer of a specific amount of money to be moved from a savings account to a chequing account, from which you can pay day-to-day expenses like groceries.

USE CASH AS OFTEN AS POSSIBLE This helps you see exactly how much you have left after making a purchase. "It's easier to feel the value of cash than it is when you buy something with plastic," says Holmes-Winton.

COMPROMISE WHERE YOU CAN That means making informed choices about how to spend your paycheques. "After you've checked your bank balance, you might realize that you can only afford to buy two beers at the pub if you still need to get groceries," says Holmes-Winton.

DON'T BLOW YOUR TIPS If you wait tables or bartend, you'll get tips — maybe hundreds of dollars' worth by summer's end. "Don't treat tips as 'found' money," cautions Holmes-Winton, who advises depositing at least half of all tips in the bank.

PROJECT YOUR FINANCIAL NEEDS After you've received your first paycheque with tax and other deductions taken off, calculate the number of hours you estimate you'll work for the entire summer to find out what should be left in your bank account before classes resume. "It's very basic math," says Holmes-Winton.

PLAN TO REWARD YOURSELF After all, you're working hard to save those dollars! "You can either allow yourself to buy a small reasonably priced reward at the end of each month or a bigger one at the end of the summer," says Holmes-Winton.

—Jane Doucet

Scan the image with the Metro News app to see the Kings party with the Stanley Cup.

Court

Aaron Hernandez disputes evidence in murder case

Aaron Hernandez's attorneys on Monday sought to have a murder charge dismissed, saying prosecutors don't have enough evidence to tie the former New England Patriots' star to the murder of a semi-professional football player.

Prosecutors countered that they can show Hernandez was with Odin Lloyd when he was shot and that Lloyd's killing was part of a pattern of Hernandez committing acts of violence following nightclub disputes.

Also Monday, the former tight end pleaded not guilty to charges that he attacked a handcuffed inmate and threatened to kill a guard and his family while at a county jail in Dartmouth.

Hernandez faces murder charges in Lloyd's June 17, 2013, slaying, as well as a separate case in which he is accused of gunning down two men in Boston in July 2012. He has pleaded not guilty in each case and is being held without bail.

Judge E. Susan Garsh will rule at a later date on the motions to dismiss the Lloyd murder charge and to suppress certain evidence gathered by the state, including cellphone records.

THE ASSOCIATED PRESS



Aaron Hernandez GETTY IMAGES FILE



Kings captain Dustin Brown carries the Stanley Cup from a celebratory parade to a rally at the Staples Center in Los Angeles on Monday.

KEVORK DJANSEZIAN/GETTY IMAGES



F-bomb celebrated too

Loose lips. Los Angeles mayor's use of swear word draws standing ovation during Kings' championship party

He's the ultimate button-down, blue-suited mayor. But put Eric Garcetti in a hockey jersey and there's no telling what he might do.

On Monday, he let fly with the F-word in front of millions of people as he led his city in celebration of the Los Angeles Kings' second Stanley Cup championship in three years.

Having shed his pinstriped suit of choice for a hockey jersey, Garcetti stepped in front of TV cameras and some 19,000 people gathered at Staples Center, where the Kings won the Stanley Cup on Friday.

"There are two rules in pol-

itics," the usually soft-spoken mayor told the Kings and their fans. "They say never ever be pictured with a drink in your hand. And never ever swear.

"But this is a big f-ing day. Way to go, guys."

As the mayor, smiling broadly, returned to his seat, the players and fans rose in a standing ovation.

"Well, we told our players not to cuss. Thanks," joked Luc Robitaille, the Kings' president of business oper-

ations.

Within minutes, the mayor's remarks were trending on Twitter and had been posted, uncensored, on YouTube and other video sites.

Mayoral spokesman Yusef Robb didn't respond to email or phone messages asking if Garcetti meant to say what he said.

The mayor's official Twitter account did repeat much of what he said — with the hashtag #BFD. THE ASSOCIATED PRESS

4 SPORTS

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Payback. Ousted twice by Ghana, U.S. wins at last

Clint Dempsey scored one of the fastest goals in World Cup history and John Brooks scored the game winner on a header in the 86th minute of a 2-1 U.S. victory over Ghana, which had knocked the Americans out of the previous two World Cups.

Dempsey's goal came on a low shot just 32 seconds into the match. The lead held until Ghana's Andre Ayew levelled in the 82nd minute. Ayew's goal appeared to have stolen the victory from the U.S., until Brooks' goal off a corner from Graham Zusi. **THE ASSOCIATED PRESS**



U.S. forward Clint Dempsey
GETTY IMAGES

Outside the stadium

Protesters burn U.S. flag ahead of Biden's arrival

Demonstrators burned a U.S. flag near the stadium in northern Brazil where Vice-President Joe Biden was scheduled to attend the U.S. soccer team's opening World Cup match Monday evening.

THE ASSOCIATED PRESS

Unrest in Rio

Shootings under investigation

Two police officers who allegedly fired live rounds during an anti-World Cup protest during the Argentina-Bosnia game on Sunday in Rio de Janeiro are under investigation and on administrative leave, authorities said Monday.

THE ASSOCIATED PRESS

The 13th game. Nigeria and Iran deliver the World Cup's first draw

Nigeria and Iran delivered the first draw of the World Cup on Monday as they ground out a scrappy 0-0 stalemate in their opening match in Group F.

The draw at the Arena da Baixada in the southern Brazilian city of Curitiba followed 12 mostly high-scoring and attacking games.

After a first half in which Nigeria failed to capitalize on its dominance, chances were few and far between in the second.

Players from both sides snatched at chances, and neither goalkeeper was troubled despite some frantic late pressure in the final minutes.

THE ASSOCIATED PRESS

German rout screams 'favourites' all over

Imposing 4-0.

No. 4-ranked Portugal, Ronaldo and all, easy prey for the Mannschaft's power

Thomas Mueller scored a hat trick as Germany turned on its style and power to rout 10-man Portugal 4-0 in their World Cup Group G opener on Monday.

Mueller, who scored five goals in the 2010 World Cup, was ruthless against a weak Portugal team that was clearly outplayed despite the presence of Cristiano Ronaldo.

"To score three goals in the World Cup opener against such an opponent is great," Mueller said.

With Chancellor Angela Merkel supporting in the stands, the German team celebrated its 100th World Cup match with a rousing victory that was virtually assured by halftime.

"After 20 minutes, we looked up at the clock and thought it was going to be a long day," Mueller said. "But we got into the match very well and when you lead by 2-0 in this heat and then even get the third, it was all over."

Overwhelmed

"We lost the game already in the first half."

Portugal coach Paulo Bento lamenting the 3-0 score his team took the dressing room at the end of the first half.



Germany's Thomas Mueller kicks the ball into the Portugal net to score his side's third goal during the group G World Cup soccer match at the Arena Fonte Nova in Salvador, Brazil, on Monday. NATACHA PISARENKO/THE ASSOCIATED PRESS

Group G

4

Germany

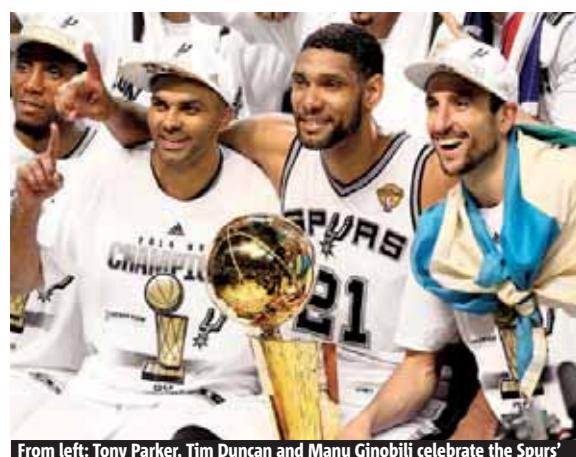
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Portugal

his third goal in the 81st.

Ronaldo started at Arena Fonte Nova after overcoming a knee injury. He faded after threatening early in the match, including a shot from a break that Germany goalkeeper Manuel Neuer could only block, but there was nobody from Portugal to pounce on the rebound.

"We lost the game already in the first half," Portugal coach Paulo Bento said. "We couldn't come back in the second. Germany played very well, we couldn't do anything." **THE ASSOCIATED PRESS**



From left: Tony Parker, Tim Duncan and Manu Ginobili celebrate the Spurs' championship victory on Sunday in San Antonio. ANDY LYONS/GETTY IMAGES

With or without Duncan, Spurs built to last

Tim Duncan conducted his postgame interview flanked by his two children. Someday soon he may decide that they, and not Tony Parker and Manu Ginobili, will be his full-time running mates.

Duncan's eventual retirement — whether it's next week, next summer, or after the next championship — probably won't end what's been a 15-year run at or near the top for the San Antonio Spurs.

San Antonio appears to be positioned to keep rolling along.

The Spurs looked better than ever in demolishing the Miami Heat in five games for their fifth championship, finishing it off with a 104-87 victory Sunday that set off a horn-honking celebration that lasted deep into the night.

With good players in place and perhaps unmatched leadership at the top that will find more, the Spurs don't figure to go away, even when their big man in the middle finally does.

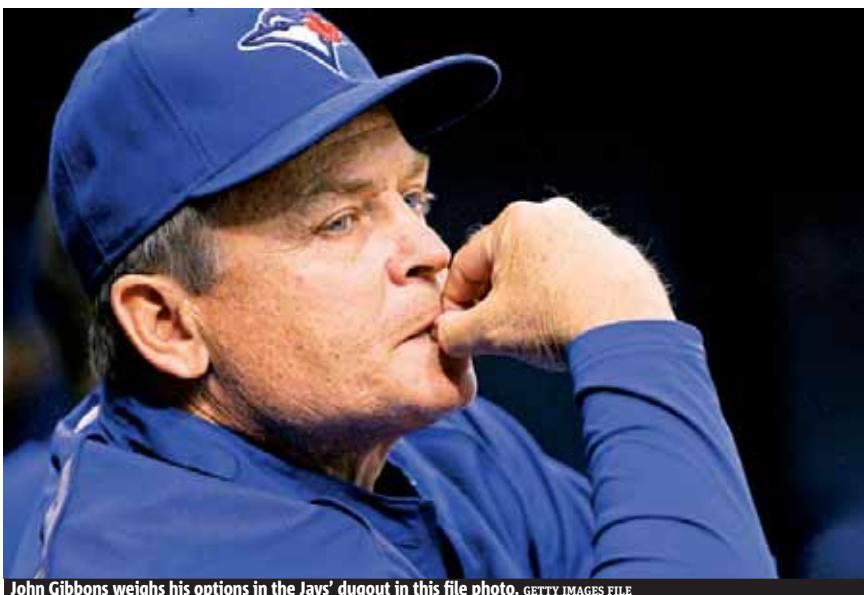
"Every year we were up there," Ginobili said. "Sometimes we were No. 1 and we

Game 5 a ratings hit
22.4M
TV viewership of Game 5 Sunday peaked at 22.4 million in the last half hour of the Spurs championship-clinching win, according to Nielsen. An average of 18 million viewers tuned in.

lost in the first round. Some other times we were seventh and we had a shot at winning it.... I always felt that we had a shot, and I truly never believed it was the last shot."

This probably wasn't, either. True, the 38-year-old Duncan realizes the end is near, though won't say and perhaps doesn't know how close it is. Ginobili will be 37 next month and may be entering the last stage of his career as well.

But Parker shows no signs of slowing down. NBA Finals MVP Kawhi Leonard looks ready for an even bigger role, and coach Gregg Popovich and general manager R.C. Buford have shown they can find good players and make them better once they don the silver and black. **THE ASSOCIATED PRESS**



John Gibbons weighs his options in the Jays' dugout in this file photo. GETTY IMAGES FILE

Gibbons is up to something now

Jays third-best.

Veteran manager not the kind to take credit for Toronto's record

Toronto Blue Jays manager John Gibbons was holding court with reporters in his office before a recent home game when a longtime scribe poked his head in the door.

"Gibby, are you smart again?" he joked, as the veteran skipper let out a roar.

"No, definitely not," Gibbons replied with another hearty laugh.

MLB

Sands first homer in years helps Rays beat O's

Jerry Sands, Yunel Escobar and Ryan Hanigan homered Monday night, helping the Tampa Bay Rays beat the Baltimore Orioles 5-4.

Sands' first homer since Sept. 20, 2011, a two-run, pinch-hit shot off Brian Matusz, snapped a 3-3 tie in the eighth inning. Escobar hit a solo homer in the first and Hanigan added a two-run drive in the fourth for a 3-0 lead against Orioles starter Wei-Yin Chen.

THE ASSOCIATED PRESS

He may not want to take the credit, but Gibbons is doing something right this season. In a remarkable turnaround from a deflating 2013 campaign, he has guided the Blue Jays to the top of the American League East division standings.

Rarely without a big wad of chewing tobacco tucked under his lip, he's quick with a smile and is as laid back as they come. With over three decades of experience in the sport, he knows not to get too high when times are good or too low when they're not.

"I don't think I'm doing anything differently or trying to be anybody different," Gibbons

Jays in the upswing

General manager Alex Anthopoulos stuck with Gibbons despite a 74-88 campaign in 2013. Currently the Jays hold a 41-30 record.

- Toronto made its move with a 21-9 May record.
- Only Oakland (42) and San Francisco (43) have posted more wins.

said in a recent interview. "I don't know if I could. We're just playing better. THE CANADIAN PRESS

Tony Gwynn. Legendary Padres hitter passes away

Tony Gwynn could handle a bat like few other major leaguers, whether it was driving the ball through the "5.5 hole" between third base and shortstop or hitting a home run off the facade in Yankee Stadium in the World Series.

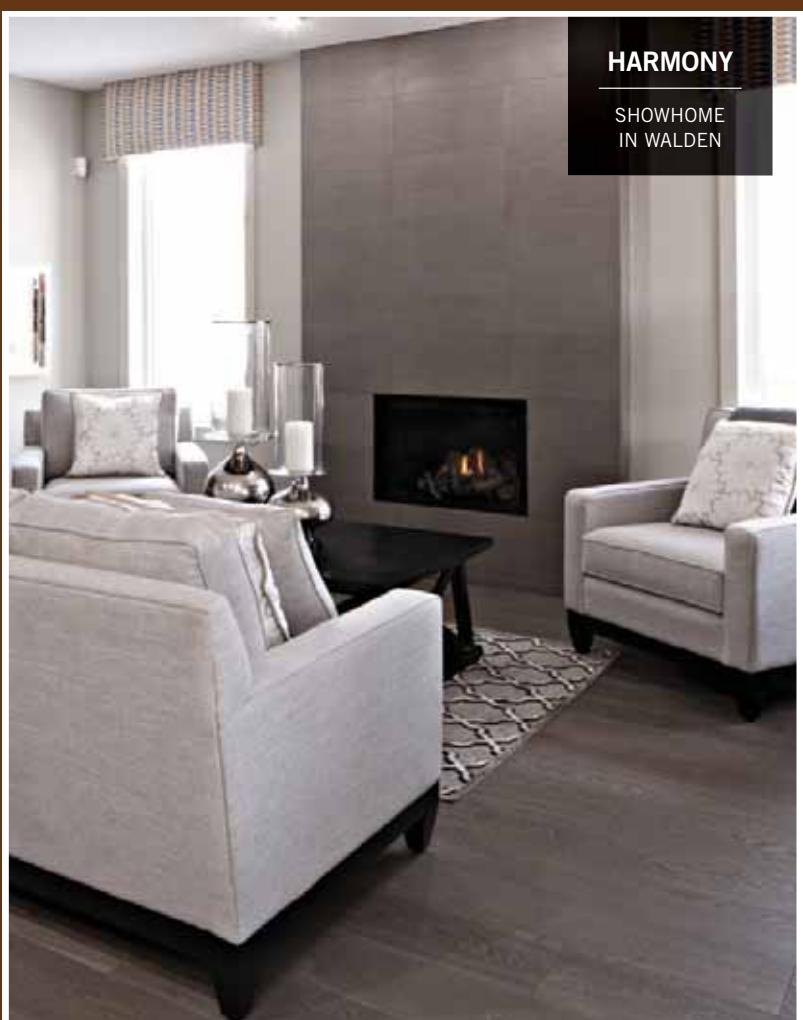
In a rarity in pro sports, Gwynn played his whole career with the Padres.

Gwynn, a Hall of Famer and one of the greatest athletes in San Diego's history, died Monday of oral cancer, a disease he attributed to years of chewing tobacco. He was 54.

THE ASSOCIATED PRESS



'Mr. Padres' Tony Gwynn
GETTY IMAGES



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Horoscopes**Aries****March 21 - April 20**

You may be a bit moody today for no apparent reason. Yes, OK, certain things have not worked out the way you anticipated but it's hardly the end of the world, so keep things in perspective.

Taurus**April 21 - May 21**

Why are some people so negative? It seems that the more ideas and suggestions you come up with the more reasons they find to reject them. Go it alone for a while.

Gemini**May 22 - June 21**

The harder you work the less you seem to get done, which is frustrating because you can sense that time is running out. The problem seems to be that you have neglected a number of small but important details.

Cancer**June 22 - July 23**

If you change something that does not appear to be working today chances are you will regret it come the weekend when the sun moves into your birth sign. You really don't need to change a thing.

Leo**July 24 - Aug. 23**

Others may be talking about you – and what they are saying is unlikely to be flattering – but what of it? You are big enough and bold enough to shrug it off and keep moving forward.

Virgo**Aug. 24 - Sept. 23**

If you see that a friend or relative needs help then step up to the plate and do what you can for them. Some people find it hard to ask for assistance – they think it's a sign of weakness.

Weather**TODAY**

MAX: 13°

MIN: 9°

WEDNESDAY

MAX: 18°

MIN: 8°

THURSDAY

MAX: 22°

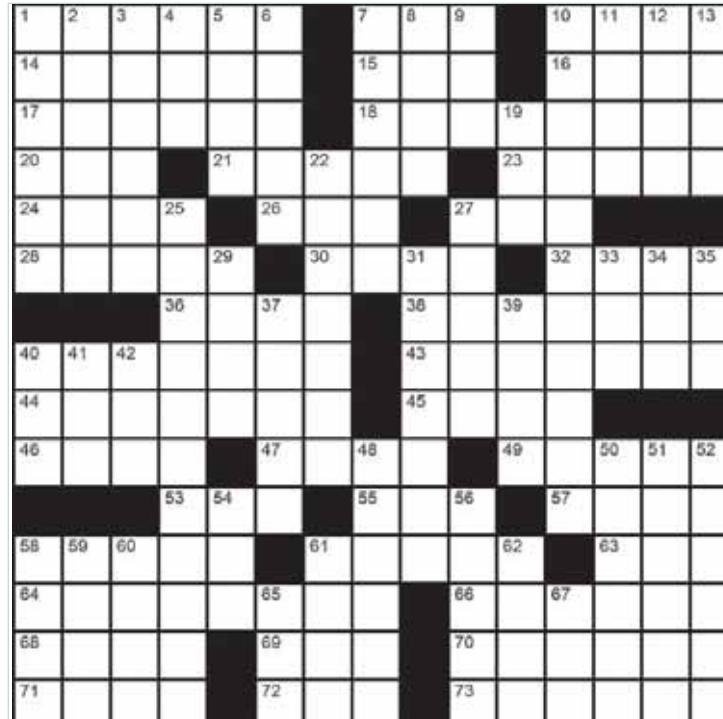
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7. ___ Vegas
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14. Fabric's fold
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18. Points of view
20. Mr. Wheaton
21. Planting product
23. Prefix with 'arthritis'
24. Profess
26. Almond
27. Li'l life story
28. "Buffalo Stance" by ___ Cherry
30. Beatles: "I ___ film today..."
32. Depilatory brand
36. Agnus ___ (Mass prayers)
38. Ridiculous
40. Toronto: Rogers Centre's original name
43. Formed a queue: 2 wds.
44. Hair dye brand
45. Carte du jour
46. "No thanks, ___ a diet."
47. Sea lettuce
49. Not hidden
53. Capture
55. Sleeve
57. ...happily ___ after.
58. Wise-one's saying
61. Ritual site, perhaps

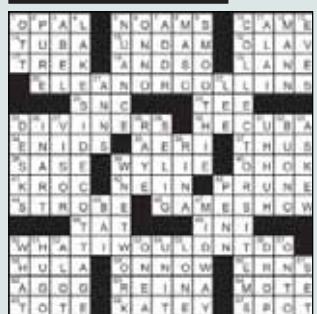


63. Eggs, scientifically
64. Swimsuit style
66. Put into peril
68. Keep ___ profile
69. Docs
70. "It's so hot ___!" (Crank up that air conditioning!)
71. ___-Air (Kitchen appliance brand)

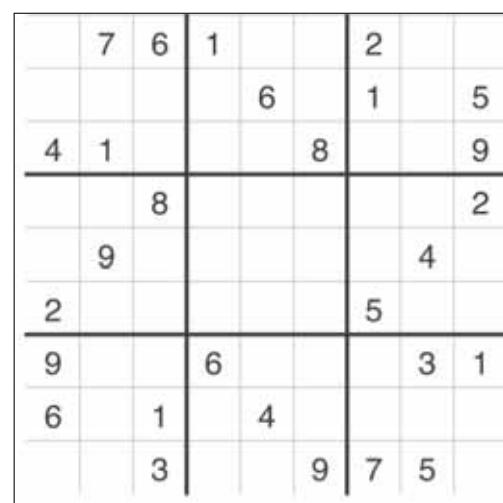
72. British poet, Henry James ___ Rids

- Winding
5. Medieval labourer
6. Sara's songstress sister
7. Actor Ray
8. Numerical ord. opposite
9. Six: Italian
10. Montreal's founder, Paul de

- Chomedey de (b.1612 - d.1676)
11. Frequently: 2 wds.
12. First-rate
13. 'Middle'-meaning prefix
19. ___ insist!"
22. Canadian judge Mr. Peters on NBC's "Last Comic Standing"

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